

Warrior Goddess LOVE REVOLUTIONARIES



BECOME A LOVE REVOLUTIONARY FOR YOURSELF

The love revolution begins with you. Sacred Self Care is about the gift of the most exquisite, impeccable love and care, that you can possibly give to yourself. It's about coming home to your body and asking, "How can I nurture and nourish you with tenderness, sweetheart?"

Here are some ideas:

Take care of your **MIND**

- Mindfulness practices
- Creative expression
- Diffuse essential oils
- Make time for self reflection; journal
- Create a morning and evening routine
- Spend time in nature
- Chanting, mantra practice
- Vision board

Take care of your **BODY**

- Breathe
- Movement
- Sleep
- Hydration
- Nutritious food - eat the colors of the rainbow; juicing
- Self massage and skin nourishment
- Manicure and pedicure
- Sexy self-love & pleasure
- Herbal teas

Take care of your **SPIRIT**

- Meditate
- Detox from technology
- Connect with others
- Create at home work boundaries
- Create sacred space
- Read - book, poetry
- Clear space with sage or palo santo
- Ground and shield
- Practice Ritual & Ceremony
- Ho'oponopono Prayer
- Build an altar

Take care of your **EMOTIONS**

- Permission to feel all of the feels
- Allow yourself to cry
- Self reflection journal
- Express gratitude
- Express emotions through movement
- Punching bag or pillow
- Love notes to self
- Laughter
- Flower essences
- Sacred Baths



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BECOME A LOVE REVOLUTIONARY FOR OTHERS

Kindness is the most important tool to spread love amongst humanity. Kindness is defined as the quality of being friendly, generous, and considerate without self sacrifice. How can you practice random acts of kindness and/or acts of service to your community?

Here are some ideas:

- Buy groceries
- Write a kind note
- Make bath salts
- Paint rocks, artwork and leave in random places for people to find
- Hold space for someone, call a friend
- Share your creativity with others
- Share a smile and say "hello"
- Pay compliments
- Sidewalk art
- Buy someone a puzzle
- Build an altar in nature
- Leave flowers on a doorstep
- Drive thru, pay it backwards
- Share fellowship via zoom
- Gift certificates
- Volunteer or donate to food pantry or animal shelter
- Weed someone's garden

RESOURCES FOR SELF AND OTHER CARE

- [Zoom](#)
- [Kindness Rock Project](#)
- [Next Door App](#)
- [Bath Salt Recipe](#)
- [The belt box](#)
- [How to build an altar](#)
- [How to clear energetic space](#)
- [Self massage](#)
- [Kitcheri](#)
- [Cacao Drink](#)
- [Ho'oponopono Prayer](#)
- [Too Much Woman](#)
- [Grief Playlist](#)
- [Dance Playlist](#)
- [Meditation Playlist](#)
- [Laughter playlist](#)
- [Inspiration](#)
- [Girl Power Playlist](#)
- [Angry Playlist](#)